



Location

123 North Center Street
Lehi, UT 84043
P 385.201.1065

Hours

Monday-Thursday
7:00 am - 3:00 pm

Friday
7:00 am - 2:00 pm

Website www.lehi-ut.gov/recreation/seniors

www.facebook.com/LehiSeniorCenter

HAPPY HOLIDAYS

Tis the Season of Love, Giving, Christmas Carols, Snow, Hot Cocoa, and fun times at the Senior Center!

It may be cold outside, but we have some “hot” events, classes, trips and lunches planned for this month. Come check it out.

MERRY CHRISTMAS!

TRIPS, OUTINGS & EVENTS

Christmas Light Sight Seeing Excursion

Tuesday, December 3 & Wednesday, December 4

THESE TRIPS ARE FULL- BUT CONTACT THE STAFF TO BE PUT ON THE WAITING LIST OR ASK ABOUT CANCELLATIONS



Christmas Party & Luncheon

Friday, December 13

11:00 am-1:00 pm

\$3 donation requested

Merry Christmas!! We'd love to get into the Holiday spirit with you and celebrate at our annual Christmas Party and lunch. With Special visit from Santa, we know this will be an event you won't want to miss. We will also have a nice lunch, games, a festive sweater contest, and a Christmas Drawing.

There is limited seating for this event, so please make sure to RSVP by noon on December 10.

We look forward to sharing the holidays with you.



"We Need a Little Christmas"

Musical performance

Monday, December 9

12 -1 pm

Join us for great entertainment and fun music from the M&M Band. Their show is full of good, old classics, jokes and fun. Perfect to get into that holiday spirit.

This is free to attend, but *reservations are needed for seating and for lunch.*

Sign up by December 5.



For more information on any of our offerings - call us or pick up a flyer at the senior center.

Bunco Bash and Games (FREE!)

Wednesday, December 11

12:30 pm

FREE to play!

Sign up to join the fun of Bunco!
No experience needed. This game is fun and easy to learn.



Let Jan know if you'd like to come for lunch before the games begin by calling at least 24 hours in advance.

This is free to play for Senior Center Members. Prizes and treats are included. See you there!



Monday Movie Mania "Miracle on 34th Street"

Monday, December 16

12:30 pm

FREE to attend



Join us for a movie with Monday Movie Mania! We show old classics you know and love and a few recent flicks too. Bring your own snacks if you'd like, but we will have popcorn!

This month we will watch the 1994 version of "Miracle on 34th Street".

When tasked with hiring the Santa who will pose with kids at Macy's, Dorey enlists a man with the curious name of Kris Kringle (Richard Attenborough) who claims to be Santa himself. Now, a young lawyer, along with 6 year-old Susan and Dorey, come to his defense.

"Noon" Year's Carnival

Tuesday, December 31 11:00 am - 1:00 pm

\$3 donation for lunch

Please RSVP by December 30 to reserve your spot.

(If you regularly attend lunch on Tuesdays, you do not need to RSVP as we already know you are coming.)

You're invited to join the celebration as we countdown to 12...noon! Under the big top of the Senior Center, we'll have games, entertainment, prizes and information on our upcoming events, trips and classes.

Welcome the new year - 2020!

Don't forget to renew your membership!



SPECIAL ACTIVITIES & PRESENTATIONS

Medicare & Molina

Tuesday, December 3

10:30 am

A Health Care Rep will be here every 1st Tuesday of the month to offer info on ANY Medicare, Medicaid or insurance. She will give a brief presentation and then offer consulting and free giveaways. Come stop by her table.



Blood Pressure Clinic

Friday, December 6

11:00-12:00 pm

Stonehenge care facility in American Fork has scheduled to come and do blood pressure clinics the first Friday of the month. Stop by the center for a quick check.

Birthday Celebration

Friday, December 20

12:00 pm

RSVP for Lunch

Due to the Christmas Holiday closure, we will celebrate our birthdays a week earlier instead of on the 4th Friday this month. We have a small birthday celebration for all those who had a birthday during the month!

Join us for lunch on *Friday, December 20* to enjoy a sweet treat, and sing happy birthday together! *Be sure to call ahead to reserve your lunch.*

If we've missed your birthday, let us know so we can update our records. Have a great month!

Our Birthday Celebration is sponsored by Abbington Manor.



Susan Bankhead

Charlene Rowley

Kent Sharp

Cristina Rascon

Chuck Golden

Peggie Maxfield

Joan Naumann

Vern May

Syd Young

Dago Klein

Carolyn Calkins

Carolyn Player

Janice Tanner

Maggie Hammer

Louis Rawlings

Del Ethington

Linda Rehart

Judy Istook

Jan Hudec

Linda Laird

Jean Hawkins

June Winters

Theo Judson

Jandora Jenkins

December 1

December 1

December 4

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December 16

December 18

December 18

December 19

December 20



Kathi Anderson

December 23

Lyn Twining

December 23

Ruby Verno

December 23

Carol Bliss

December 24

Janet Williamson

December 26

Brenda Hadfield

December 26

Kaye Schooley

December 26

Terri Rice

December 27

Evah Bullock

December 28

Suzanna Ray

December 28

Beverly Aramantrout

December 29

Gisela Myers

December 29

Karla Nielsen

December 29

Lynette Wright

December 30

Nadien Quarnberg

December 30

Janet Van Zant

December 31



ANNOUNCEMENTS

January Chair Yoga & Tai Chi

We hope to try a new class- Chair yoga- in the new year. More details to come, but it will be simple, and effective yoga exercises while sitting down. This will most likely be held on Wednesday mornings.

We will also be making a few changes to our Tai Chi classes and how they are taught. Our Monday classes will stay the same. Thursday's class will focus more on keeping the body moving and completing repeating exercises or movements. The other option will probably be on Tuesday, but will be more like a workshop and be taught in sessions. Each session will focus on a specific routine or type of Tai Chi. We will start the Tai Chi for Diabetes session first. If interested, please sign up for the session. We hope to meet the needs of the seniors and enjoy exercise. More details to come as it gets closer.

Senior Center Closure Dates

The Senior Center will be closed on the following days:

- Wednesday, December 25: Christmas
- Thursday, December 26: Holiday
- Friday, December 27: Holiday
- Wednesday, January 1: New Years Day

On Tuesday, December 24, the Senior Center will be open from 7 am-2 pm.

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DECEMBER MENU

December 2019








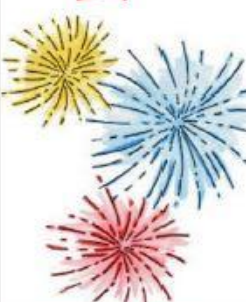
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NATIONAL COOKIE DAY Rigatoni w/ Meat Sauce Green Beans Garlic Bread Cookie Apple 	3 COMFORT FOOD DAY Meatloaf Roasted Mashed Potatoes Corn Orange Roll 	4 Three Bean Beef Chili Tossed Salad / Dressing Corn Bread Fruit Crisp 	5 Hawaiian Haystacks Tomatoes, Peas, Cheese Celery, Pineapple, Rice California Blend Vegetables 	6 Garlic Beef Mashed Potatoes/Gravy Peas Apple Sauce Roll Brownie 
9 Swedish Meatballs/Rice Carrots Pears Roll 	10 Corn Chowder Green Beans Tossed Salad / Dressing Jello w/ Fruit Corn Bread 	11 Cheesy Beef Lasagna Peas Garlic Bread Cinnamon Apple Sauce 	12 Chicken Pot Pie / Biscuit Tossed Salad / Dressing Pears 	13 CHRISTMAS LUNCH Roast Turkey Mashed Potatoes/Gravy Stuffing/Carrots/Roll Mandarin Oranges Cranberry Sauce / Pie 
16 Country Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Cottage Cheese & Fruit Roll 	17 Soft Shell Taco Ground Beef, Tomato, Cheese, Sour Cream, Refried Beans, Salsa Mandarin Oranges 	18 Sweet & Sour Chicken White Rice Stir Fried Vegetables Fruit Cocktail Roll 	19 Beef & Vegetable Soup Tossed Salad / Dressing Corn Muffin Apple Crisp 	20 Honey Baked Ham Scalloped Potatoes Beets Roll Tropical Fruit 
23 Salisbury Steak Mashed Potatoes/Gravy Mixed Vegetables Pears Roll 	24 Chicken Salad Wrap Italian Pasta Salad Pickles Pears Brownie 	25 	26 Christmas Holiday 	27 Christmas Holiday 
30 Chicken Parmesan w/ Spaghetti & Sauce Green Beans Roll Apple Crisp 	31 Roast Pork Baby Potatoes Carrots Fruit Cocktail Roll 	MEALS MUST BE CALLED IN TO THE SENIOR CENTER BY NOON THE DAY BEFORE TO RESERVE A MEAL 385-201-1065	ALTERNATE MEALS Dec 2 - 3 Cr. Broccoli Soup / Sandwich Dec 4 - 6 Chicken Noodle Soup / Sandwich Dec 9 - 13 Chef's Salad Dec 16 - 17 Chicken w/ Rice Soup / Sandwich Dec 18 - 20 Vegetable Soup / Sandwich Dec 23 - 27 Chef's Salad Dec 30 - 31 Cr. Broccoli Soup / Sandwich	

ACTIVITIES CALENDAR

**TO REGISTER FOR
ACTIVITIES CALL
CORINNE at 385-201-2349**

ACTIVITIES CALENDAR DECEMBER 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>Available Weekly: Comp or Family Hstry 1-on-1's <i>*call for appointment</i> 10:30 - 11:30 Tai Chi (video) 12:30-1:00 Tai Chi (Live)</div>	<div>3</div> <div>10:30 Medicare Pres. 10-11 Tai Chi (Live) 10:15 Crochet Club 11:30-12:00 BINGO Christmas Lights Excursion 4:30-9:00 pm</div>	<div>4</div> <div>10:30-11:30 Mindfulness & Meditation Class 12:15 - PIZZA RAFFLE <i>must attend lunch to enter</i> Christmas Lights Excursion 4:30-9:00 pm</div>	<div>5</div> <div>9:30-12:00 Watercolor 11-12 Quilting Club 12:30-1:30 Tai Chi (VIDEO)</div>	<div>6</div> <div>10-11 Line Dance 11:30-12:00 BINGO 11:00-12:00 B/P Clinic <i>Prov by Stonehenge in AF</i></div>
<div>9</div> <div> MERRY MUSIC MAKERS PERFORMANCE We need a little Christmas 12-1 pm <i>(FREE) RSVP by Dec 5</i> 12:30-1:00 Tai Chi (Live)</div>	<div>10</div> <div>10-11 Tai Chi (Live) 10:15 Crochet Club 11:30-12:00 BINGO Sign Up Deadline for Christmas Lunch</div>	<div>11</div> <div>10:30-11:30 Mindfulness & Meditation Class 12:15 - PIZZA RAFFLE <i>must attend lunch to enter</i> 12:30 - BUNCO BASH & GAMES</div>	<div>12</div> <div>11-12 Quilting Club 12:30-1:30 Tai Chi (Live)</div>	<div>13</div> <div> CHRISTMAS PARTY & LUNCH 11 am- 1pm</div>
<div>16</div> <div>Tech help by appt 10:30-11:30 Tai Chi (live) 12:30 Monday Movie Mania! <i>Miracle on 34th Street</i></div>	<div>17</div> <div>10-11 Tai Chi (Live) 10:15 Crochet Club 11:30-12:00 BINGO</div>	<div>18</div> <div>10:30-11:30 Tai Chi (video) 12:15 - PIZZA RAFFLE <i>must attend lunch to enter</i></div>	<div>19</div> <div> 11-12 Quilting Club 12:30-1:30 Tai Chi (Live)</div>	<div>20</div> <div>10-11 Line Dance 11:30-12:00 BINGO 11:00-12:00 B/P Clinic 12:00 Birthday Celebration <i>prov by Abbingdon Manor</i></div>
<div>23</div> <div> Tech help by appt 10:30 - 11:30 Tai Chi (video) 12:30-1:00 Tai Chi (Live)</div>	<div>24</div> <div>CHRISTMAS EVE 10-11 Tai Chi (Live) 10:15 Crochet Club 11:30-12:00 BINGO Senior Center Hours 7am-2 pm</div>	<div>25</div> <div></div>	<div>26</div> <div></div>	<div>27</div> <div></div>
<div>30</div> <div>Tech/Fam Hstry 1-on-1's <i>*call for appointment</i> 10:30 - 11:30 Tai Chi (video) 12:30-1:00 Tai Chi (Live)</div>	<div>31</div> <div>NEW YEARS EVE 10-11 Tai Chi (Live) 10:15 Crochet Club NOON YEARS CARNIVAL 11 am- 1pm</div>	<div></div> <div></div>	<div></div> <div>SENIOR CENTER CLOSED</div>	
<div></div> <div>Coming up in January 2020: Check out our Trips/Events Calendar for 2020. We have some great things lined up for a great new year! Renew your membership for 2020.</div>				

WEEKLY CLASSES & CLUBS

***Classes with a red asterisk require call-ahead registration**

Crochet Club	Tuesdays 10:15 a.m.
Tai Chi Class	Mondays 10:30 a.m. , Tuesdays 10:00 a.m. Mondays & Thursdays 12:30 p.m.
BINGO	Tues & Fri 11:30 a.m.
Humanitarian Quilt-Tying Club	Thursdays 11:00 a.m.
Line Dancing	Fridays 10:00 a.m.
Blood Pressure Clinics	1st Friday of the month 11:00 am – noon
Family History 1-on-1 help *	By Appointment
Computer 1-on-1 help *	By Appointment
Lunch * <i>Call by noon the day before to make a reservation</i>	Monday – Friday served at Noon
Free Indoor Track (Legacy Center)	Monday – Friday 10 am-2 pm
Billiards Room	Available during open hours
Card Playing Club	Tuesdays & Fridays – 9:30 am
Watercolor Class *	Thursdays 9:30 am– noon <i>January 2, 9, 16, 30</i>
Bunco Bash	Every 2nd Wednesday of the month <i>(unless otherwise noted)</i>
Monday Movie Mania	Every 3rd Monday of the month <i>(unless otherwise noted)</i>
Mindfulness & Meditation	Wednesdays 6 weeks: Nov 6– Dec 11

FREE FOOD DONATIONS

Pizza Give-Away!

Wednesdays- during Lunch

Every Wednesday during lunch we will be raffling off Pizza Hut pizzas (pizzas will be frozen). Pizzas are awarded one per family.

[See conditions below:](#)

You **MUST** attend lunch in order to have your name entered into the pizza drawing. This means you **MUST RSVP** for lunch by 12:00 p.m. the day before.

No names will be entered into the raffle unless you have RSVP'd for lunch.

The number of pizzas raffled each week will vary. Raffle items may include: pizzas, pasta, breadsticks, and more.

Only one name entry per family (additional entries cannot be purchased or requested).

Food Donations

Weekly

FREE FOOD!!! Mondays, we get Auntie Annie's pretzels, pretzel bites, and flavored pretzels. These are donated to us to eat, distribute, share and take home. Please stop by to pick up a bag.

Wednesdays, we get various food and grocery items donated from Tabitha's Way. Items may include: breads, produce, cakes, vegetables, canned goods, and more. Please stop by and pick up items!

Please be respectful of **ALL** our patrons in sharing the opportunity to receive this benefit by taking only a few items. Please bring your own bags to carry out the items. Although we try to be consistent, there are days that items will not be picked up. If desired-call ahead to make sure items are here.

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wclough@lpiseniors.com or (800) 950-9952 x2635



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JUST FOR FUN– Name the Carols in each picture.



ANSWERS TO PAGE 10

- | | |
|-----------------------------------|---------------------------------------|
| 01 JINGLE BELLS | 22 GO TELL IT ON THE MOUNTAIN |
| 02 WALKING IN A WINTER WONDERLAND | 23 CHESTNUTS ROASTING ON AN OPEN FIRE |
| 03 SANTA CLAUS IS COMING TO TOWN | 24 IT CAME UPON A MIDNIGHT CLEAR |
| 04 FIRST NOEL | 25 I SAW MAMA KISSING SANTA |
| 05 RUDOLPH THE RED NOSED REINDEER | 26 O, COME ALL YE FAITHFUL |
| 06 LITTLE DRUMMER BOY | 27 SILENT NIGHT |
| 07 WHITE CHRISTMAS | 28 LITTLE TOWN OF BETHLEHEM |
| 08 I SAW THREE SHIPS | 29 MEET ME UNDER THE MISTLETOE |
| 09 WHAT CHILD IS THIS? | 30 HARK THE HERALD ANGELS SING |
| 10 WE THREE KINGS OF ORIENT ARE | 31 JOY TO THE WORLD |
| 11 DECK THE HALLS | 32 O, CHRISTMAS TREE |
| 12 HOLY NIGHT | 33 AROUND THE CHRISTMAS TREE |
| 13 FELIZ NAVIDAD | 34 ALL I WANT FOR CHRISTMAS IS MY 2 |
| 14 BLUE CHRISTMAS | FRONT TEETH |
| 15 SILVER BELLS | 35 GREENSLEEVES |
| 16 SANTA LOOKED A LOT LIKE DADDY | 36 SKATERS WALTZ |
| 17 AWAY IN THE MANGER | 37 GRANDMA GOT RUN OVER BY A REIN- |
| 18 TWELVE DAYS OF CHRISTMAS | DEER |
| 19 ROCKING ROUND THE XMAS TREE | 38 LITTLE SAINT NICK |
| 20 FROSTY THE SNOWMAN | 39 NUTCRACKER |
| 21 LET IT SNOW | 40 CRADLE SONG |

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